



**Canada Games Squad
Summer Training Camp
Mt. Washington, BC
August 8 – 15, 2010**

Mt. Washington in the summer provides access to a full size range with electronic targets. Additional training facilities include roller skiing, trail running in Alpine meadows and at beach level. Recreational opportunities are wildly varied; the camp will include at least one recreational team-building day.

Eligibility:

All athletes born, 1990 – 1993 are eligible. There is a maximum of 16 slots available. If the camp is over-subscribed, preference will be given to athletes nominated to the Canada Games Training Squad.

Registration:

Register by sending an email to aball@biathlon.ca

Payment via Zone 4 after May 30, when registrations confirmed:

<http://www.zone4.ca/register.asp?id=1190&lan=1&cartlevel=1>

Schedule:

Sunday Aug. 8: Travel to Comox/Vancouver

Monday Aug. 9 - Saturday Aug 14: training camp days

Sunday Aug. 15: Travel home

Lodging:

We will be staying in a large self-serve chalet at Mt. Washington. Athletes must bring a sleeping bag; towels and pillows are provided.

Cooking, meal planning, cleaning and related chores will be done by the athletes and coaches.

Cost:

\$300 per person for 6 days includes all food and lodging. Bring pocket money for tourist day.

Equipment:

Rifle, 750 - 800 rnds;

Roller skis; roller ski poles; Short poles for bounding;

Running gear; beach wear, swimsuit.

Be prepared to get wet while training!

Sun screen; bug off; personal hygiene supplies

Ear plugs and sleep mask

Sleeping bag for chalet

Travel Logistics:

Alan Ball will coordinate travel: aball@biathlon.ca

The Camp starts in Comox. Athletes will travel by land, sea or air to Comox at their own expense. We will be picking up rental vans in Vancouver or Comox (subject to availability); it may be possible to join up with coaches in Vancouver. Ground transport from Vancouver International to Comox is relatively straight forward.

There may also be one or more vehicles traveling from the Bow Valley that can act as freight carriers to simplify air travel.

More details as registration and planning develop.